

Now you have a resource to help you manage your chronic obstructive pulmonary disease (COPD), when made available through your employer. It's **CIGNA Well Aware for Better HealthSM** for people with COPD. A program that gives you personalized support and a wide selection of proven tools. The only thing you really need to add is your personal commitment.

Outsmart your COPD.

You're probably already receiving care for COPD through your doctor. So how does the **Well Aware** COPD program support your doctor's treatment plan? For one thing, it helps you become more responsive to your own needs. Not just by knowing what to do when you are short of breath, but also knowing more about COPD. It can help you identify and avoid your triggers, whether they include smoke, dust or other irritants in the air. You can learn how to recognize your symptoms, from coughing and wheezing to frequent bouts of breathlessness. And decide when to contact your doctor to avoid a chest infection or COPD flare-up.

Understanding health risks and your own body's stress signals is important. So we'll provide personalized support that includes educational material to help meet your needs. A quarterly newsletter on COPD, for instance, as well as access to health information on our Web site. And a workbook, self-care reminder stickers and health tips.



chronic obstructive
pulmonary disease

COPD



make a *personal*
commitment to
your health



A Business of Caring.

"CIGNA" and "CIGNA HealthCare" refer to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare of Virginia, Inc. and CIGNA HealthCare Mid-Atlantic, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company.

You don't want **COPD** chronic obstructive pulmonary disease
to control your life.



Neither do we.

You or a family member may have chronic obstructive pulmonary disease (COPD). We know that living with COPD can be a real challenge. Some days every breath is hard to take — not to mention the coughing, shortness of breath and frequent chest colds. With COPD, working also can be a challenge. You can't leave COPD at home when you go to the office or job site each day. And COPD can affect your personal life — your commitments, responsibilities and goals. You don't want COPD to get in the way.

Tell us how you feel.

There's no substitute for personal contact. Especially when it comes with a lot of practical experience. That's why we have a team of registered nurses (RNs) and other clinicians available to you by phone 7 days a week, 24 hours a day. Our RNs contact program participants to help provide personal support and determine the type of assistance they need. If you're feeling uncertain or need guidance, they're here to support you with information — and the reassuring benefit of their experience with people who suffer from COPD.

Plan ahead.

The **Well Aware** program is also about taking action. In fact, we make it easier than ever for you to design a personalized action plan under your doctor's guidance. We'll provide COPD treatment insights and information on our program to your doctor. To help you balance your busy schedule, we'll mail you reminders of important steps to take in managing your health.

Take back your life.

COPD doesn't have to keep you from living a fulfilling, active life. Through the **Well Aware** program, you can learn to manage your condition better, take the right medications and control your symptoms. You can learn how to exercise to get stronger and breathe easier. The program also can help guide you in reducing your risk of colds and infections. With the right plan, the right medications and the right tools, you can live better with COPD. We want you to spend less time being a "COPD patient" and more time being yourself.

Our commitment.

CIGNA developed the **Well Aware** program for COPD using nationally-recognized resources and industry-leading guidelines. We selected American Healthways to help us deliver quality service that you can rely on. And we kept it simple, to fit into busy lives made more complex by COPD.

In addition, because it's important to us to know how you feel about our programs, we conduct random, periodic participant satisfaction surveys.

Find out more.

To find out if you're eligible and to receive more information about the **Well Aware** program, call the **Well Aware** team:

- If you have a CIGNA HealthCare HMO/ Network or Point of Service (POS) benefit plan, call **1.800.249.6512**.
- For all other benefit plans, call **1.877.888.3091**.

If you have questions about your benefit plan, please contact your health plan's Member Services. You can also visit our Web site at **www.cigna.com/wellaware** for more information about **Well Aware** programs and services. Your request for information will be handled confidentially.

